

Good Times Senior

JULY
2014



Brunswick Senior Center Monthly Newsletter

Celebrating July

**Cell Phone Courtesy
Month**

**Women's Motorcycle
Month**

Ice Cream Month

Farriers Week
July 6–12

Zoo Keeper Week
July 20–26

Independence Day
July 4

World Kiss Day
July 6

Doughnut Days
June 6–7

Bald Is In
July 12

Rain Day
July 29

A Nation's Strength

What makes a nation's pillars high
And its foundations strong?
What makes it mighty to defy
The foes that round it throng?

It is not gold. Its kingdoms grand
Go down in battle shock;
Its shafts are laid on sinking sand,
Not on abiding rock.

Is it the sword? Ask the red dust
Of empires passed away;
The blood has turned their stones to rust,
Their glory to decay.

And is it pride? Ah, that bright crown
Has seemed to nations sweet;
But God has struck its luster down
In ashes at his feet.






Not gold but only men can make
A people great and strong;
Men who for truth and honor's sake
Stand fast and suffer long.

Brave men who work while others sleep,
Who dare while others fly...
They build a nation's pillars deep
And lift them to the sky.

Contact information:

Cathy Barnes
cbarnes@frederickcountymd.gov
301-834-8115

Ralph Waldo Emerson (1904)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:00 Strength Training 11:00 Wii Bowling 11:45 Tuesday Trivia 1:00 Library-check it out! 5:30 Card Party *Pipe cleaner art <small>Creative Day</small>	10:30 Video Exercise 11:00 Cards 11:30 BP Self-check 12:45 Bingo *Make color	8:00 Strength Tr. 10:30 Cards 11:00 Dominoes 1:00 Crochet group *Handmade Necklaces* *Hot dog meal	CENTER CLOSED  <small>Independence Day</small>	
	CENTER CLOSED	9:00 Strength Training 10:00 Wii Bowling 11:00 Tuesday Trivia 11:30 Lunch Out 5:30 Card Party *Paint keys	PICNIC City Park 10:30 – 1:30 *ELC Here	Frederick Senior Center 11:00 Craft Project 12:00 Lunch 1:00 Garden Therapy	10:30 Wal-Mart Shopping Trip Frederick, MD	
Color Your World with weekly art projects....	CENTER CLOSED	9:00 Strength Training 11:00 – 2:00 Lunch Out with Friends *Color pages	10:30 Video Exercise 11:00 Cards 12:45 Bingo	10:00 Canal Walk to Monocacy Aqueduct & Picnic Lunch at Jefferson Park	10:30 Wal-Mart Shopping Trip Charlestown, WV	
20	CENTER CLOSED	9:00 Strength Training 11:00 Wii Bowling 11:45 Tuesday Trivia 1:30 Project w/Chris from CM Bloomers *Paint ice cream cone	10:30 Video Exercise 11:00 Nurse Steve- *What do all those numbers mean? 12:45 Bingo *ELC Lemonade Stand *Potato Bar	8:00 Strength Tr. 10:30 Cards 11:00 Dominoes 1:00 Crochet group	11:00 car BINGO 12:00 Picnic lunch in the Park	
27	CENTER CLOSED	9:00 Strength Training 11:00 Wii Bowling 11:45 Nutrition Minute 1:00 Tuesday Trivia *Paint w/marbles	10:30 Video Exercise 11:00 Music with MK 12:45 Bingo *ELC Here	8:00 Strength Tr. 10:30 Cards 11:00 Dominoes 1:00 Crochet group		

Monday	Tuesday	Wednesday	Thursday	Friday
 JULY 2014	1 Tropical Fruit Cup Vegetarian Hamburger/ Cheese on Hamburger Roll Baked Beans Carrots Fresh Seasonal Fruit	2 Tomato Juice Chicken Breast Mushroom Gravy Brown Rice Green Beans White Bread Fresh Apple	3 Hamburger Hamburger Roll Baked Beans Pepper Slaw Watermelon	4 CLOSED FOR HOLIDAY 
7 Senior Center Closed on Mondays	8 Juice Fruit Punch Italian Cold Cut Meat and Provolone Cheese on Sub Roll Potato Salad Cole Slaw Fruit Cocktail	9  BRUNSWICK SENIOR CENTER PICNIC	10 Pineapple Juice Baked Chicken Mashed Potatoes Sweet Peas Fresh Seasonal Fruit Whole Wheat Bread	11 Orange Juice Meatloaf with Brown Gravy Macaroni & Cheese Green Beans Fresh Apple Wheat Bread
14 Senior Center Closed on Mondays	15 Orange Juice Chef's Salad Diced Ham Diced Hard Boiled Egg Shred Cheese Grape Tomatoes Fresh Apple Slices	16 Apple Juice BBQ Beef Green Beans Scalloped Potatoes Sandwich Roll Tropical Fruit	17 Juice Fruit Punch Chicken Taco Salad Seasoned Ground Chicken Shredded Lettuce & Tomato Shredded Cheddar Cheese Refried Beans & Mexican Rice Pineapple Tidbits	18 Watermelon 1/4 lb. Beef Hot Dog Cole Slaw Pepper & Onion Garnish Baked Beans Apple Pie
21 Senior Center Closed on Mondays	22 Cranberry Juice Breaded Chicken Drumstick Mashed Potatoes Fresh Sweet and Sour Cabbage Slaw Fruit Cocktail Wheat Bread	23 Juice Fruit Punch Baked Potato Tossed Salad Ranch Dressing Chili con Carne Shredded Cheddar Cheese Applesauce	24 Pineapple Juice Hot Roast Beef with Gravy Mashed Potatoes Green Beans Whole Wheat Bread Fruit Cocktail	25 Orange Pineapple Juice Pork Loin w/ gravy Bread Stuffing Chick Pea Salad Hot Spiced Apples
28 Senior Center Closed on Mondays	29 Tomato Juice Diced Chicken & Pasta Salad served on a bed of Fresh Baby Spinach Corn Muffin Mandarin Oranges	30 Juice Fruit Punch Meatball Sub on Hot Dog Roll Shredded Mozzarella Cheese Fresh Tossed Salad Low Fat Ranch Dressing Diced Peaches	31 Grape Juice Pepper Steak Whole Grain Brown Rice Pilaf Brussels Sprouts Fresh Apple Wheat Bread	Please call the senior center coordinator or meal manager 48 hours in advance to reserve a meal.

~Menus subject to change~

~Milk is served with every meal~

JULY PICNIC

Hosted by the
Brunswick Senior Center

- Wednesday July 9, 2014
- 10:30 am - 1:30 pm
- Brunswick City Park Building
- 655 East Potomac Street
Brunswick, MD 21716



Special activities:

- 10:30 - 12:00 Photographer, Blair Harrington will be taking candid and/or group pictures.
- 11:00 - Cupcake walk
- 12:30 - "Yard Sale" bingo-one person's trash, is another's treasure. Please bring 2 items for bingo prizes.
- 1:30 - Door Prize drawing



Menu: Juice, Hotdog, Potato Salad, Cole Slaw, Fresh Melon, Cookie, Strawberry Lemonade freeze pop, roll, Milk and drinks.
Meal costs: \$5:00, donations accepted

Reservations no later than Tuesday July 1, 2014

Please contact your local Senior Center for reservations, or call 301-834-8115 for more information.

Limited transportation is available from your local center for \$2 with advance reservation.

More PICNICS to come: Call your local senior center for reservations!

Friday August 15, 2014

UTICA PARK

Hosted by: Emmitsburg Senior Center
Menu: Shaved Roast Beef, bbq sauce on the side, Macaroni Salad, Pepper Slaw, Fresh melon, brownie, drinks

Tuesday September 16, 2014

Frederick Senior Center

Hosted by: Frederick Senior Center
Menu: Fried Chicken, Cole Slaw, Baked Beans, Dinner rolls, Fruit cup, cookie, drinks

July Birthdays

Princess Diana (royalty) – July 1, 1961

Dan Aykroyd (comedian) – July 1, 1952

Cathy D - July 2

Thurgood Marshall (U.S. justice) – July 2, 1908

Neil Simon (playwright) – July 4, 1927

Ann Landers (columnist) – July 4, 1918

Butch H - July 6

Sylvester Stallone (actor) – July 6, 1946

David McCullough (actor) – July 7, 1933

Marty Feldman (actor) – July 8, 1934

Janet R - July 9

Arthur Ashe (tennis player) – July 10, 1943

Julio Cesar Chavez (boxer) – July 12, 1962

Bill Cosby (comedian/actor) – July 12, 1937

Milton Berle (comedian) – July 12, 1908

Bess Meyerson (actress) – July 16, 1924

Nic M - July 16

Nelson Mandela (politician) – July 18, 1918

Betty G - July 19

Mick Jagger (singer) – July 22, 1943

Rose Kennedy (philanthropist) – July 22, 1890

Mike H - July 23

Amelia Earhart (aviator) – July 24, 1897

Sandra Bullock (actress) – July 26, 1964

Jackie Kennedy (first lady) – July 28, 1929

Ann H - July 30

Buddy Guy (musician) – July 30, 1936

Alton Brown (chef) – July 30, 1962

Hilary Swank (actress) – July 30, 1974

J.K. Rowling (writer) – July 31, 1965



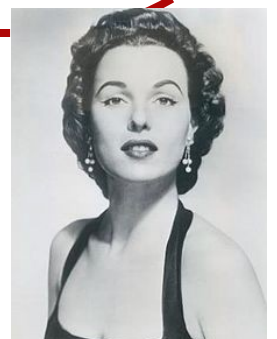
Notable Quotable

“In order to
succeed, your
desire for success
should be greater
than your fear of
failure.”

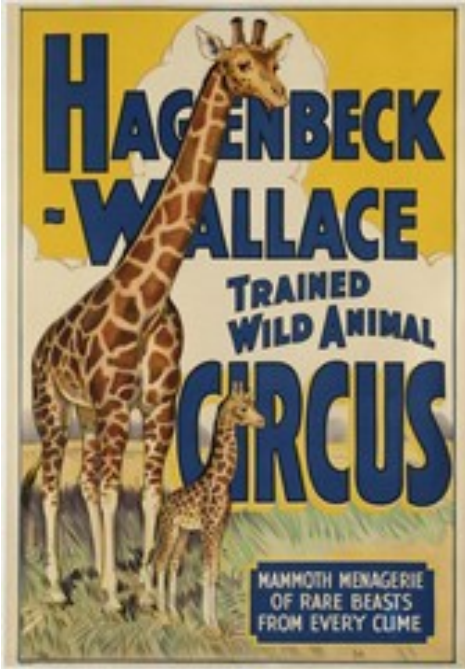
~ Bill Cosby
(born July
12, 1937)



Bess Myerson became the first Jewish
American and the first Miss New York to win Miss
America pageant in 1945.
She appeared on various television shows in the
1950s and 1960s. In the 1970s and 1980s, she was
involved in New York City politics



This and that.....



Run Away to Join the Circus

Peru, Indiana, calls itself the Circus Capital of the World, and for good reason. It has long been the overwintering home to seven of the world's major circuses. After all those winters, the circus life rubbed off on the residents of Peru, and today, they celebrate their Circus City Festival from July 12–19.

Peru's famous circus history began when the successful businessman Col. Ben Wallace decided to enter the circus business in 1882. He first purchased all the tents, poles, and costumes of a failing circus. He next travelled to Texas to buy

The performers at this circus today are volunteers.

The whole family can get into the act.

some horses. Still unsatisfied, he bought other exotic animals in Chicago and hired a firm to build elaborate and ornate wagons. Wallace may have been new to the circus business, but he spared no expense at assembling the greatest animals and performers of the day. He called it Wallace and Co.'s Great World Menagerie, Grand

International Mardi Gras, Highway Holiday Hidalgo, and Alliance of Novelties.

Sadly, in 1884, before he could take his wondrous show on the road, it suffered a horrible fire, and Wallace lost nearly his entire investment. Undaunted, he rebuilt his circus, and it quickly became one of the country's best-known acts. Each winter, upon Wallace's return to Peru, the various performers, workers, and animals joined him. It was a common sight to see elephants walking through town. Children raced to see lions and tigers bathing in the local river. Circus City was born.

Today, the children of Peru practice clowning and flying on the trapeze like other children practice playing baseball. Every July, this youth circus performs during the Circus City Festival. And after the lights go down on the big top, visitors can visit the International Circus Hall of Fame and Museum. Peru is the perfect place to run away and join the circus.

The Great Dessert Debate

Ice cream may be the world's favorite dessert. By the year 2015, it is predicted that worldwide ice cream consumption will top 15 billion liters and earn a cold, hard \$68 billion dollars. The average American alone consumes 26 liters of ice cream a year, followed by New Zealanders (23 liters) and Australians (18 liters).

Not all ice cream is created equal. We are dazzled by a diverse array of frozen treats, tailored to whatever our tastes or whims desire. So just what are the differences between these delectable frozen desserts?



True ice creams (sometimes called Philadelphia-style) are made from milk, cream, and sugar, and must contain at least 10 percent milk fat. Most premium ice creams contain upward of 14 to 18 percent fat (which makes them so good!). Sweeteners are added to turn frozen milk into a sweet dessert. Stabilizers are added to keep these desserts frozen as they are shipped around the world. If they were to continually thaw and refreeze, they would amass ice crystals and become gritty and bland. The final important ingredient is air. Air gives ice cream its smoothness, texture, and consistency. Without air, ice cream would resemble a concrete block.

Frozen custard, sometimes called French ice cream, is very similar to ice cream but with the addition of rich egg yolks. Soft serve ice cream has no eggs and less fat (5 percent). Gelato from Italy uses more milk than cream, so it contains less fat (3–10 percent). Because gelato is churned slowly, it also has less air than ice cream. Frozen yogurt is made by adding yogurt to a base of milk, cream, and sweeteners. Sherbet is a frozen mixture of sweetened water and milk (1–2 percent fat), and sorbet is simply flavored ice and includes no dairy or eggs whatsoever. Perhaps the best way to distinguish the differences is to run out and conduct a taste test. Just be careful not to get an ice cream headache!

A boy asks his father, “Dad, are bugs good to eat?”
“That’s disgusting. Don’t talk about things like that over dinner,” the dad replies.
After dinner, the father asks, “Now, son, what did you want to ask me?”
“Oh, nothing,” the boy says. “There was a bug in your soup, but now it’s gone.”

Mystery Meat

Over the past 77 years, Spam—Hormel's renowned meat product in a can—has transformed from a mere food into a worldwide pop culture phenomenon. On July 5, 1937, it was first introduced to the world as Hormel Spiced Meat, but shortly thereafter, Ken Daigneau entered the name *Spam* into a naming contest and won \$100 for his efforts. Since then, over seven billion cans of Spam have been sold.



Spam was popular from the moment of its inception. Within one year of its introduction, 18 percent of all American households were enjoying the canned meat. However, it was during World War II that Spam really took off, as it was part of American army rations. Perhaps it is thanks to those American soldiers that the biggest consumers of Spam are residents of tiny islands that served as American military outposts: Guam, Hawaii, and the Northern Mariana Islands. The average Guaman eats 16 cans of Spam a year. Spam is incorporated into family recipes, eaten at restaurants, and can even be found on burgers at McDonald's and Burger King. Spam is so popular in Hawaii that it is called "The Hawaiian Steak," and other canned meats, such as Armour's Treet, are not nearly as popular.

Why has Spam become such a celebrated piece of Americana? Was it the now-famous 1970 sketch by Britain's comedy troupe Monty Python that launched Spam to international stardom? Or is it the curiosity surrounding the meaning of its name or the mystery of its ingredients? We may never know why Spam has become so popular, but the Smithsonian has taken the lead in immortalizing it. Two cans of Spam, one bearing the original packaging and another with an updated design, have been added to the museum's exhaustive collection. It may give Spam's devoted followers pleasure to know that their favorite canned meat product has been bestowed with such a high honor.

A Mystery Meat Recipe Treat – Spam Cakes

1 1/2 cups pancake mix
1 cup milk
chopped
1 egg

1 tablespoon oil
1 (7-ounce) can Spam Classic, finely
Syrup or honey

- In a medium bowl, combine pancake mix, milk, egg, and oil. Stir in Spam.
- Using 1/3 cup of batter for each pancake, pour onto a hot greased griddle.
- Cook until the pancake is brown on the bottom.
- Flip it and brown the other side.
- Serve with syrup or honey.

Blueberries

Whether you like them fresh, frozen, dried or canned, blueberries jump to the front of the line when it comes to convenience, versatility and good nutrition. of dietary fiber, which contributes to heart health, helping to keep cholesterol in check.



Here's the skinny on blueberry nutrition:

A handful of health

- Plump, juicy and sweet, with vibrant colors ranging from deep purple-blue to blue-black and highlighted by a silvery sheen called a bloom, blueberries are one of nature's great treasures. Though miniature in size, they are also proof that when it comes to health benefits, good things really do come in small packages.
- With just 80 calories per cup and virtually no fat, blueberries offer many noteworthy nutritional benefits.
- Full of dietary fiber, a handful of blueberries helps satisfy recommended daily fiber intake. Fiber helps keep the body regular, the hearty healthy and cholesterol in check.
- An excellent source of manganese, which plays an important role in bone development and in converting proteins, carbohydrates and fats into energy.
- Full of phytonutrients-Research suggest that the phytonutrients in blueberries called polyphenols have antioxidant and anti-inflammatory properties that may help lessen the inflammatory process associated with chronic conditions such as cardiovascular disease, cancer and other age-related diseases.
- Packed with Vitamin C-One serving delivers almost 25% of one's daily requirement of vitamin C. Vitamin C aids collagen formation and helps maintain healthy gums and capillaries and a healthy immune system.

With blueberry production increasing to match rising levels of consumption, it's clear that more Americans are discovering just how good these little blue dynamos are!

Blueberry Mug Muffins

You'll be surprised how light and fluffy these simple muffins turn out.

You will need:

- 3 tablespoons all-purpose flour
- 2 tablespoons sugar (or light brown sugar)
- ½ teaspoon baking powder
- ½ teaspoon vanilla
- 1 tablespoon milk
- 1 tablespoon oil or melted butter
- 2 tablespoons blueberries



How to make 'em:

1. Mix all ingredients except blueberries in a large, microwave-safe mug. Mix until smooth. Stir in blueberries.
2. Microwave on high for about 1 ½ minutes. Check for doneness. Add 20-second increments as needed.
3. Allow to cool for a few minutes. Then eat directly from the mug while your muffin is still warm.



Food Allergies

what you need to know



Millions of people have food allergies that can range from mild to life-threatening.

Most Common Food Allergens



Peanuts



Tree nuts



Fish



Shellfish



Eggs



Milk



Wheat



Soy

*** Always let the guest make their own informed decision.**

When a guest informs you that someone in their party has a food allergy, follow the four R's below:

- **Refer** the food allergy concern to the department manager, or person in charge.
- **Review** the food allergy with the customer and check ingredient labels.
- **Remember** to check the preparation procedure for potential cross-contact.
- **Respond** to the customer and inform them of your findings.

*** Sources of Cross-Contact:**

- Cooking oils, splatter, and steam from cooking foods.
- Allergen-containing foods touching or coming into contact with allergy-free foods (i.e. a nut-containing muffin touching a nut-free muffin).

Any food equipment used for the processing of allergy-free foods must be thoroughly cleaned and sanitized prior to use.

- All utensils (i.e., spoons, knives, spatulas, tongs), cutting boards, bowls, pots, food pans, sheet pans, preparation surfaces.
- Fryers and grills.
- Wash hands and change gloves after handling potential food allergens.

*** If a guest has an allergic reaction, call 911 and notify management.**

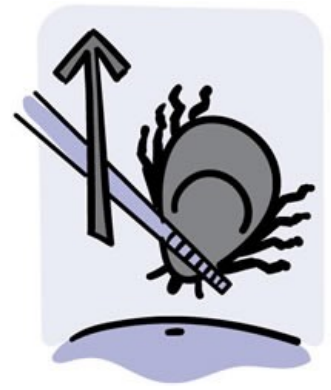


FARE

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Tick Talk - Block Tick Bites and Lyme Disease

When warm weather arrives, you might get the urge to walk barefoot through the grass. But before you stroll through your lawn or head out on a hiking trail, you'll want to protect yourself and your loved ones from ticks that often lurk in tall grass, thick brush, and wooded areas. Many ticks carry disease, so do what you can to keep ticks from taking a bite out of you.



Tick-borne diseases are found in many areas across the country, and they're on the rise. The diseases are often clustered in specific regions. Rocky Mountain spotted fever, for instance, occurs mainly in the mid-Atlantic and southern states.

Lyme disease is the most common tick-borne illness. It's found mainly in the Northeast and upper Midwest. Each year, more than 30,000 cases are reported in the United States, and many more likely go unreported. The U.S. Centers for Disease Control and Prevention (CDC) estimates that as many as 300,000 Americans get Lyme disease each year.

Ticks are tiny 8-legged creatures that can be hard to see. Deer ticks—which can carry *Borrelia burgdorferi*, the bacterium that causes Lyme disease—are especially small. The young “nymphs” are only the size of poppy seeds. Adult deer ticks aren't much larger—about the size of a sesame seed. If an infected deer tick chooses you for its next blood meal, that bite can transmit Lyme disease or another infection to you.

“Ticks can be so tiny that most people who get Lyme disease don't recall a tick bite,” says Dr. Adriana Marques, a Lyme disease expert at NIH. But if you have symptoms of the disease, she says, “the earlier you get treated, the better.”

Tick-borne diseases tend to share certain symptoms. Symptoms can include fever, headache, muscle or joint pain, and extreme fatigue. People with Lyme disease usually get an expanding red rash that sometimes resembles a bull's-eye. “The rash is usually tender, not painful or itchy, so people may not realize they're sick,” says Marques.

If left untreated, the infection can spread and cause rashes in other parts of the body. Some people may develop nerve problems, arthritis, or other disorders. But even if Lyme disease isn't caught until later stages, most people fully recover after treatment with **antibiotics**.

Of course, the best way to avoid Lyme and other tick-borne diseases is to prevent tick bites in the first place. Most bites from disease-causing ticks occur in the spring and summer months, when ticks are most active and when people are spending more time outside.

Help keep ticks off your skin by wearing long sleeves, long pants, and long socks. You can also ward off ticks by using an insect repellent that contains at least 20% DEET (for the skin) or permethrin (for clothes). To avoid ticks, walk in the center of trails and steer clear of tall vegetation.

If you've been in an area where ticks are common, bathe or shower as soon as possible, and wash or tumble your clothes in a dryer on high heat. Check your body carefully for ticks. They dig and burrow into the skin before they bite and feed. Removing ticks right away can help prevent disease. If you develop a rash or fever after removing a tick, see your doctor.

So watch out for ticks! Make a habit of tick prevention as you venture into the great outdoors.

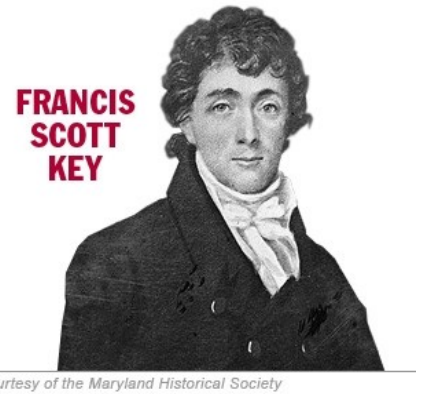
Francis Scott Key was born in Frederick County, Maryland on August 1, 1779. He studied law at St. John's College in Annapolis and began his practice in Frederick Maryland, later moving it to the District of Columbia in 1802. During that year he married Marie Tayloe Lloyd. They had 11 children.

At the onset of the War of 1812, Key had a successful practice in Georgetown. His famous poem, "The Star-Spangled Banner" 1779-1843 was written following the British attack in Chesapeake Bay in the summer of 1814. When the British withdrew after their temporary occupation of Washington, D.C., they took an American physician, Dr. William Beanes, of Upper Marlboro, Maryland with them. Key was asked to obtain the release of Dr. Beanes and traveled with a U.S. agent for prisoners to the British fleet in Chesapeake Bay to arrange for Beanes' freedom.

While Key was with the fleet, the British began their attack on Baltimore by bombarding Fort McHenry on the night of September 13, 1814. The fort successfully resisted the British attack, and the following morning when Key saw the U.S. flag still flying over the fort, he wrote a poem that would become known as "The

Star-Spangled Banner." When he was released from the British fleet, his poem was printed in the form of a handbill entitled "Defense of Fort M'Henry." It quickly became popular and was set to the music of the British drinking song, "To Anacreon in Heaven." Key's battle anthem spread throughout the nation and was later adopted by Congress as the official U.S. national anthem in 1931. Key wrote several other poems; a collection of which was published in 1857, but his fame rests on the poem he wrote while watching the British bombardment of Fort McHenry. He continued a successful career as a lawyer, serving near the end of his life as district attorney in Washington, D.C. He died in Baltimore on January 11, 1843.

Excerpt from Horsman, Reginald. "Encyclopedia of the War of 1812." Naval Institute Press, Annapolis, MD, 1997, pp 278-279.



Courtesy of the Maryland Historical Society



It's Trivial

1. Tess Trueheart is the wife of what comic strip character?
2. What New York Yankee was the first baseball player to have his number retired?
3. Shakespeare's *Romeo and Juliet* is set in what Italian city?
4. What was the name of the system of safe passages that allowed American slaves to escape to freedom in the northern U.S. and in Canada?
5. What does the Spanish phrase *Que será, será* mean?
6. How many limbs does a squid have: 8 or 10?
7. What is the name of Tom Sawyer's aunt in *The Adventures of Tom Sawyer*?
8. In what decade did Jesse Owens win four gold medals in the Summer Olympics?
9. What is the capital of Saskatchewan?
10. What special characteristic do marsupials have?
11. What is the largest fruit crop on Earth? Hint: Concord is a variety of this fruit.
12. Who composed the song "There's No Business Like Show Business" and "Alexander's Ragtime Band"?
13. What is the name of the farmer in the "The Tale of Peter Rabbit": Mr. McGregor or Mr. McDonald?
14. What is it called when the horseshoe falls completely around the stake in the game of horseshoes?
15. Name one Canadian province that is also an island.
16. What does it mean if a cocktail is served "neat"?
17. What actor played Sundance in *Butch Cassidy and the Sundance Kid*?
18. *Spam* is a combination of what two words?
19. In what famous novel does the line "Call me Ishmael" appear?
20. Brussels is the capital city of what country?
21. How many items are in four dozen?
22. What kind of animal is the cartoon character Chilly Willy?
23. Who was born first: Leif Ericson or Erik the Red?
24. In what century did Canada become a country?
25. Who is the Greek god of the sea?
26. What film received Best Picture honors this year?
27. What is the more common name for the olfactory organ?
28. What instrument is used in submarines to view objects at the surface of the water?



Answers

- 1) Dick Tracy. The character was first introduced when she was kidnapped following the robbery and shooting of her father Emil Trueheart.
- 2) Lou Gehrig. He wore the number 4 on his jersey. It was retired in July of 1939 following Gehrig's early retirement from baseball because he suffered from amyotrophic lateral sclerosis.
- 3) Verona. The city receives many love letters addressed to Juliet on Valentine's Day each year.
- 4) The Underground Railroad. There were also routes that led to Mexico or overseas.
- 5) "Whatever will be, will be." This phrase has become a proverb in English. It is also the title of a song made famous by Doris Day in 1956. It was introduced in the Hitchcock film *The Man Who Knew Too Much*.
- 6) 10. A squid has 8 arms and 2 longer tentacles.
- 7) Aunt Polly. The Mark Twain novel was published in 1876.
- 8) 1930s. The 1936 Summer Olympics took place in Berlin, Germany.
- 9) Regina. It is also the second largest city in the province. Saskatoon is the largest city in Saskatchewan.
- 10) The young are carried in the mother's pouch. The kangaroo, koala, and Tasmanian devil are all marsupials.
- 11) Grapes. Bananas are the second largest.
- 12) Irving Berlin. In 1911, "Alexander's Ragtime Band" became his first international hit.
- 13) Mr. McGregor. In the Beatrix Potter story, Peter Rabbit disobeys his mother and sneaks into Mr. McGregor's garden.
- 14) Ringer. A ringer is scored as three points.
- 15) Newfoundland or Prince Edward Island. Technically, the official name of the province of Newfoundland is Newfoundland and Labrador.
- 16) It is served without ice or a mixer. It is a straight pour of liquor into a glass.
- 17) Robert Redford. Paul Newman played Butch Cassidy. Redford is also the founder of the largest independent film festival, the Sundance Film Festival.
- 18) Spiced ham. Spam was first sold in 1937. This canned meat product has become a pop-culture phenomenon.
- 19) *Moby-Dick*. It is the first line in the Herman Melville novel. Ishmael is the narrator of the story.
- 20) Belgium. Brussels is also the largest city in Belgium.
- 21) 48. There are 12 in one dozen.
- 22) Penguin. Chilly Willy was the second most popular cartoon character from the Walter Lantz studio. Woody Woodpecker was the most popular Lantz studio character.
- 23) Erik the Red. Erik the Red was the father of Leif Ericson. Both men were explorers.
- 24) 19th century. Canada became a country on July 1, 1867.
- 25) Poseidon. The Roman god of the sea is Neptune.
- 26) *12 Years a Slave*. The film is based on the 1853 memoir of the same name by Solomon Northrop.
The film also won two other Academy Awards: Best Supporting Actress and Best Adapted Screenplay.
- 27) Nose. Olfaction or olfactory perception is the sense of smell.
- 28) Periscope. When the periscope is not in use, it retracts into the submarine.

Secret Ice Cream Quote

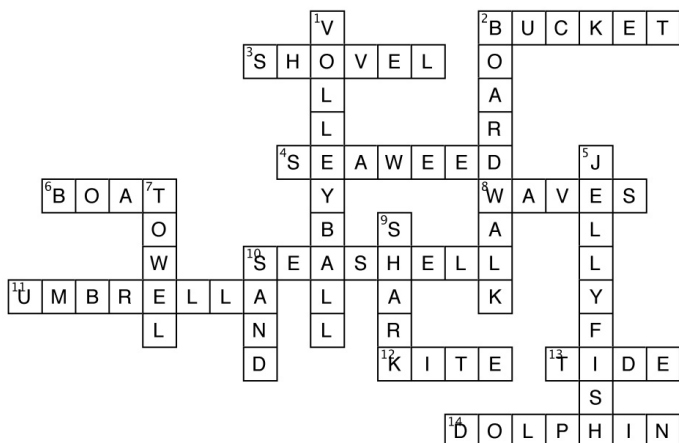
Follow the instructions to cross off words in the table.

What do the remaining words say?

1. Cross off all words that begin with the letter *R*.
2. Cross off all words that are types of trees.
3. Cross off all words that are ice cream flavors.
4. Cross off all nine-letter words.
5. Cross off all words that rhyme with *rain*.
6. Cross off all words that are tools.
7. Cross off all words that are animals.
8. Cross off all words that are names of countries.



hammer	forget	train	eucalyptus
Rocket	Egypt	Neapolitan	main
art	downspout	Italy	dolphin
crane	bear	chocolate chip	put
random	oak	wrench	smoothest
cat	rainbow	your	fir
screwdriver	trust	plane	bookstore
Peru	elm	strawberry	Canada
in	listening	royal	vanilla
ice cream	drain	pliers	kangaroo

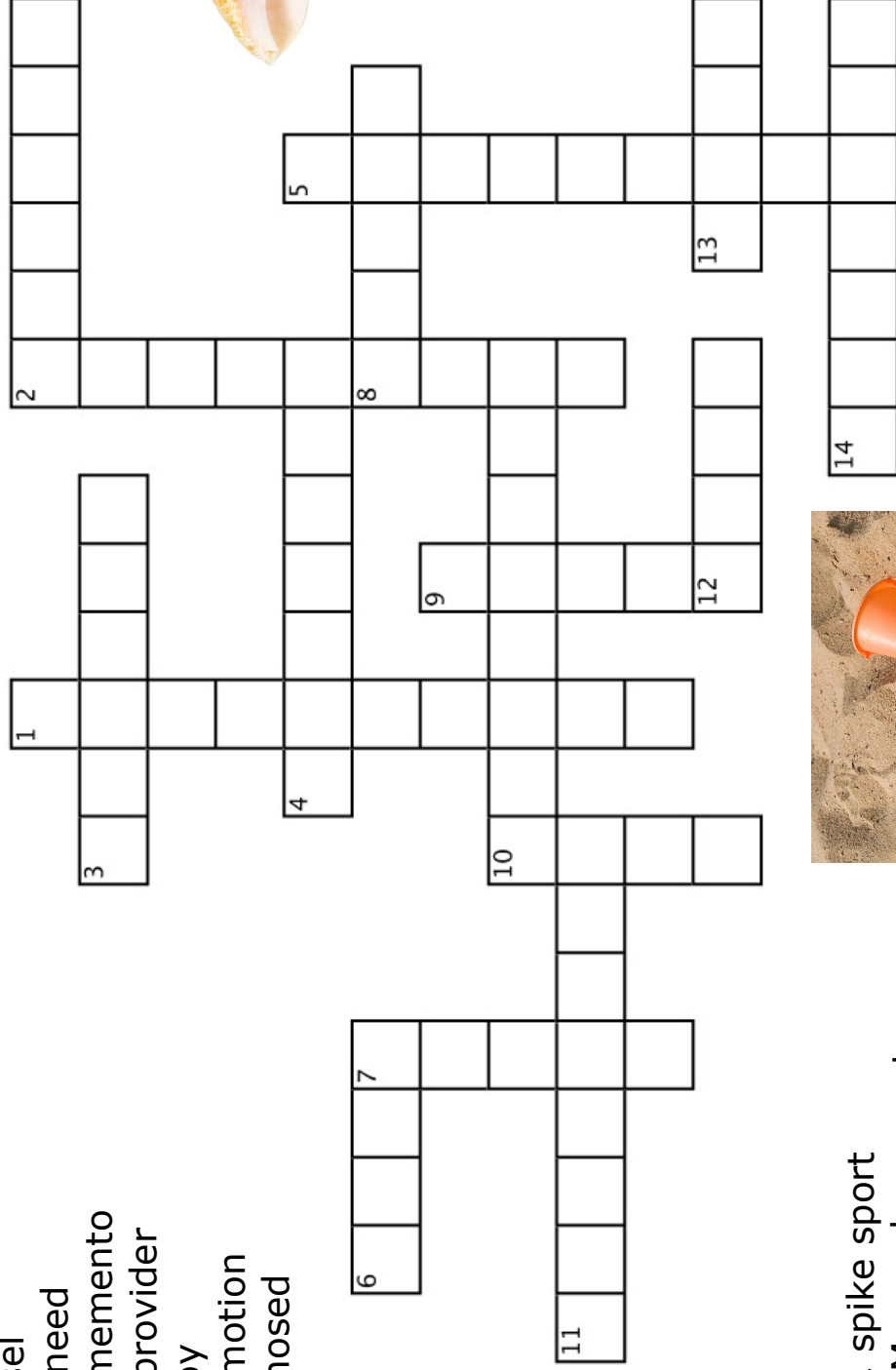


Ice Cream Quote Answer:

ACROSS

2. Pail
3. Digging tool
4. Sushi wrapper
6. Sea vessel
8. Surfer's need
10. Beach memento
11. Shade provider
12. Wind toy
13. Ocean motion
14. Bottle-nosed creature

Seaside



Secret Ice Cream quote: "Forget art. Put your trust in ice cream." ~ Charles Baxter

DOWN

1. Set, bump, spike sport
2. Expensive Monopoly property
5. Spineless sea creature
7. Terrycloth item
9. Ocean predator
10. Hourglass filler



Fourth Of July

Find and circle all of the words that are hidden in the grid.
The remaining letters spell an Abraham Lincoln quotation.

L B C E L G A E D L A B N T H L O D S
A E S E F E W P A T R I O T I C E N T
V N H O L D E S N E A Y G B I C O H R
I F S F O E R T K T E A E N O O O E E
N R T E A Y B A I D L R C R L M E Y C
R A R S T R C R O F T I A L A M C T N
A N E U S O B S A Y P T A S F A N O O
C K A O M T H A O T I B J T R H E D C
E L M H A S O N I O I E R C E B D O B
B I E E D I T D N H F O O P E A N O E
A N R T A H D S S F P M N A D S E H T
R G S I N D O T E E E L S R O E P N S
B Y E H H E G R R D V E E A M B E O Y
E A I W O I S I Y T R A P D T A D I R
C D N N J O A P O T F O R E A L N T O
U I O T N S R E G R U B M A H L I A S
E L L H U E M S K R O W E R I F I N S
S O O R E D W H I T E B L U E E L H V
E H C M E H T N A L A N O I T A N S P

BALD EAGLE
BALLOONS
BARBECUE
BASEBALL
BEN FRANKLIN
BETSY ROSS
CAKE
CARNIVAL
CELEBRATION
COLONIES

CONCERTS
DECORATIONS
DEMOCRACY
FIREWORKS
FLAG
FLOATS
FREEDOM
GREAT BRITAIN
HAMBURGERS
HISTORY

HOLIDAY
HOT DOGS
INDEPENDENCE
JOHN ADAMS
LIBERTY
NATIONAL ANTHEM
NATIONHOOD
PARADE
PARTY

PATRIOTIC
PHILADELPHIA
PICNIC
RED WHITE BLUE
STARS AND STRIPES
STREAMERS
THOMAS JEFFERSON
USA
WHITE HOUSE

Answer: _____

Beach Categories

Fill in the boxes with words or terms that begin with each of the letters in BEACH.
Add your own category in the last row.

	B	E	A	C	H
Boys' Name					
Flowers					
Movies					
Countries					
Colors					
Your Choice					

The hidden wordsearch quote is: THOSE WHO
DENY FREEDOM TO OTHERS, DESERVE IT NOT
FOR THEMSELVES

No Pencils Word Hunt

A five - letter word is hidden in the grid below. Without using a pen or pencil, mentally discard all of the letters that appear more than once to reveal the hidden word.

G	C	A	D	B
B	D	O	T	H
Z	E	O	H	M
P	W	P	C	H
W	Z	H	T	S

What is so good about Retirement!!!

Question: How many days in a week?

Answer: 6 Saturdays, 1 Sunday

Question: When is a retiree's bedtime?

Answer: Three hours after he falls asleep in the recliner.

Question: How many retirees to change a light bulb?

Answer: Only one, but it might take all day.

Question: What's the biggest gripe of retirees?

Answer: There is not enough time to get everything done. Very true

Question: Among retirees what is considered formal attire?

Answer: Tied shoes.

Question: Why do retirees count pennies?

Answer: They are the only ones who have the time.

Question: Why are retirees so slow to clean out the basement, attic or garage?

Answer: They know that as soon as they do, one of their adult kids will want to store stuff there.

Question: What's the biggest advantage of going back to school as a retiree?

Answer: If you cut classes, no one calls your parents.

Lighten Up! Still Funny After All These Years



One liners are the stuff that stand-up comedy is made of, and Henny Youngman, popular from the 1930s until his death in 1998, was dubbed “the king of the one-liners.” Youngman once explained the origin of his most famous one-liner, “Take my wife—please!” as a misinterpretation. Early in his career, he had taken his wife to a show and asked the usher to show his wife to her seat. The usher thought he was joking and started to laugh. Youngman decided that if the usher thought it was funny, others might as well, and he started including it in his act. Because the human condition never really changes, these Henny Youngman classics are just as funny now as they were when he first told them.

Henny Youngman Jokes

Getting on a plane, I told the ticket lady, “Send one of my bags to New York, send one to Los Angeles, and send one to Miami.” She said, “We can’t do that!” I told her, “You did it last week!”

* * * * *

The doctor says, “You’ll live to be 60!” “I AM 60!” “See, what did I tell you?”

* * * * *

The patient says, “Doctor, it hurts when I do this.” “Then don’t do that!”

* * * * *

You have the Midas touch. Everything you touch turns to a muffler.

* * * * *

She’s been married so many times she has rice marks on her face.

* * * * *

You have a ready wit. Tell me when it’s ready.

* * * * *

I was so ugly when I was born, the doctor slapped my mother.

* * * * *

Milton Berle was another stand-up comic famous for his one-liners. A child star in movies in the early 20th century, Berle later became famous for his radio comedy programs. In 1948, he became the host of the *Texaco Star Theater* television show and remained a television personality until the 1960s, when he went back to live, stand-up comedy performances. See if you remember any of “Uncle Miltie’s” best.

Milton Berle Jokes

Poverty is not a disgrace, but it’s terribly inconvenient.

It’s amazing how fast later comes when you buy now!

* * * * *

He’s so old that when he orders a three-minute egg, they ask for the money up front.

* * * * *

If evolution really works, how come mothers have only two hands?

* * * * *

Your marriage is in trouble if your wife says, “You’re only interested in one thing,” and you can’t remember what it is.

* * * * *

I can’t tell you his age, but when he was born, the wonder drug was Mercurochrome.



Did you Know?

- In 1791 the first recorded use of the name “Independence Day” occurred.
- In 1778, General George Washington marked July 4 with a double ration of rum for his soldiers and an artillery salute. Across the Atlantic Ocean Ambassadors John Adams and Benjamin Franklin held a dinner for their fellow Americans in Paris, France.
- 1779, July 4 fell on a Sunday. The holiday was celebrated on Monday July 5.
- 1781 the Massachusetts General Court became the first state legislature to recognize July 4 as a state celebration.
- 1870, the U.S. Congress made Independence Day an unpaid holiday for federal employees.
- In 1988, Congress changed Independence Day to a paid federal holiday.
-

Independence Day Quotes:

"We hold these truths to be self-evident, that all men are created equal." ~ Thomas Jefferson

"I know not what course others may take, but as for me, give me liberty or give me death." ~ Patrick Henry

"Our flag is red, white and blue, but our nation is a rainbow—red, yellow, brown, black and white - and we are all precious in God's sight." ~ Reverend Jesse Jackson

"Our flag is our national ensign, pure and simple. Behold it! Listen to it! Every star has a tongue, every stripe is articulate." ~ Robert C. Winthrop (1809–1894), Senator from Massachusetts

"You can't appreciate home till you have left it, money till it's spent, your wife until she's joined a women's club, nor Old Glory till you see it hanging on a broomstick on a shanty of a consul in a foreign town." ~ O. Henry (1862–1910)

K A B O M

July Quote

"There shall be eternal summer in the grateful heart." ~ Celia Thaxter

Have a safe Holiday!

